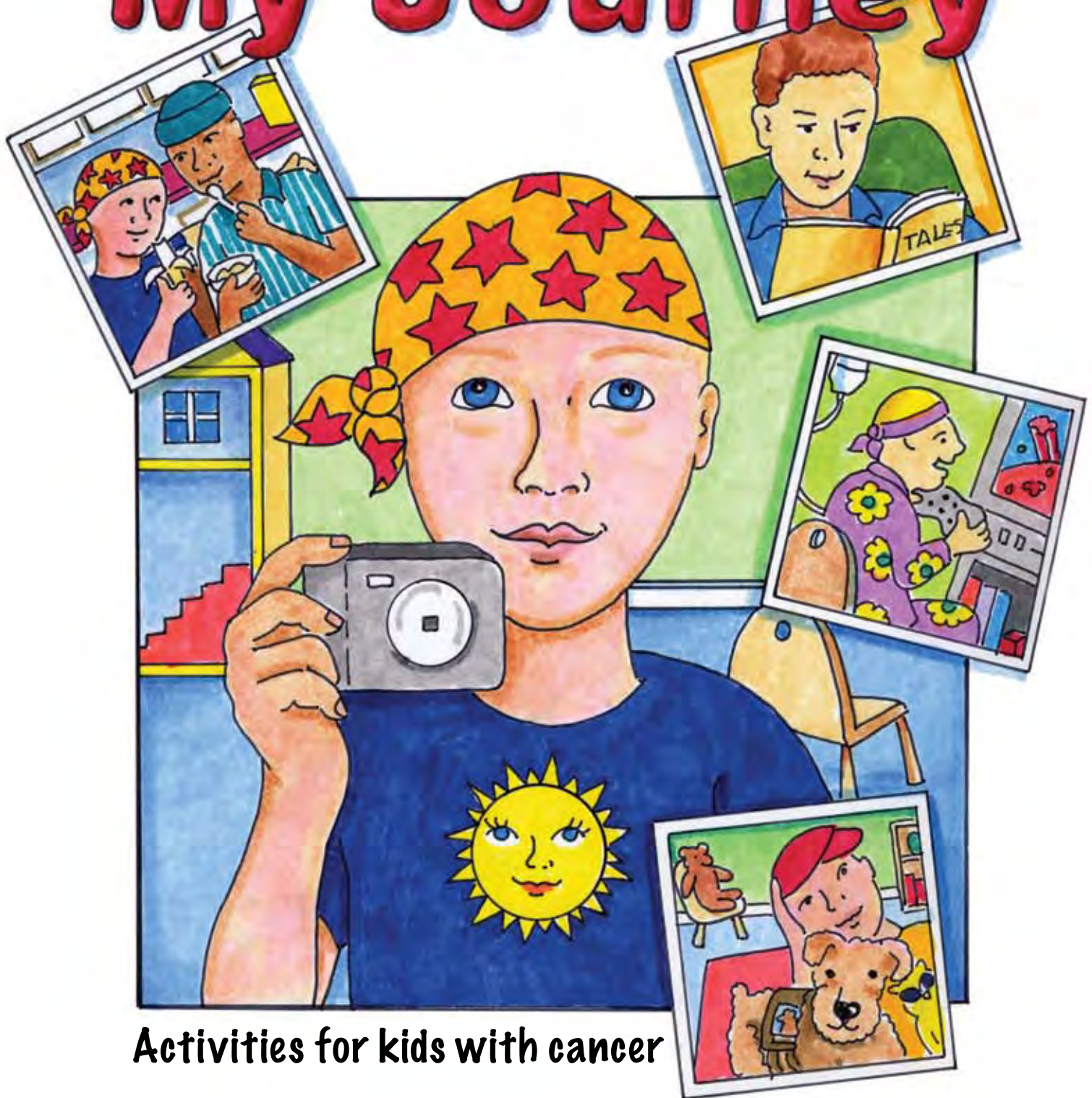


Pictures of My Journey



Activities for kids with cancer



**The Leukemia &
Lymphoma Society®**
Fighting Blood Cancers

We're Here to Help

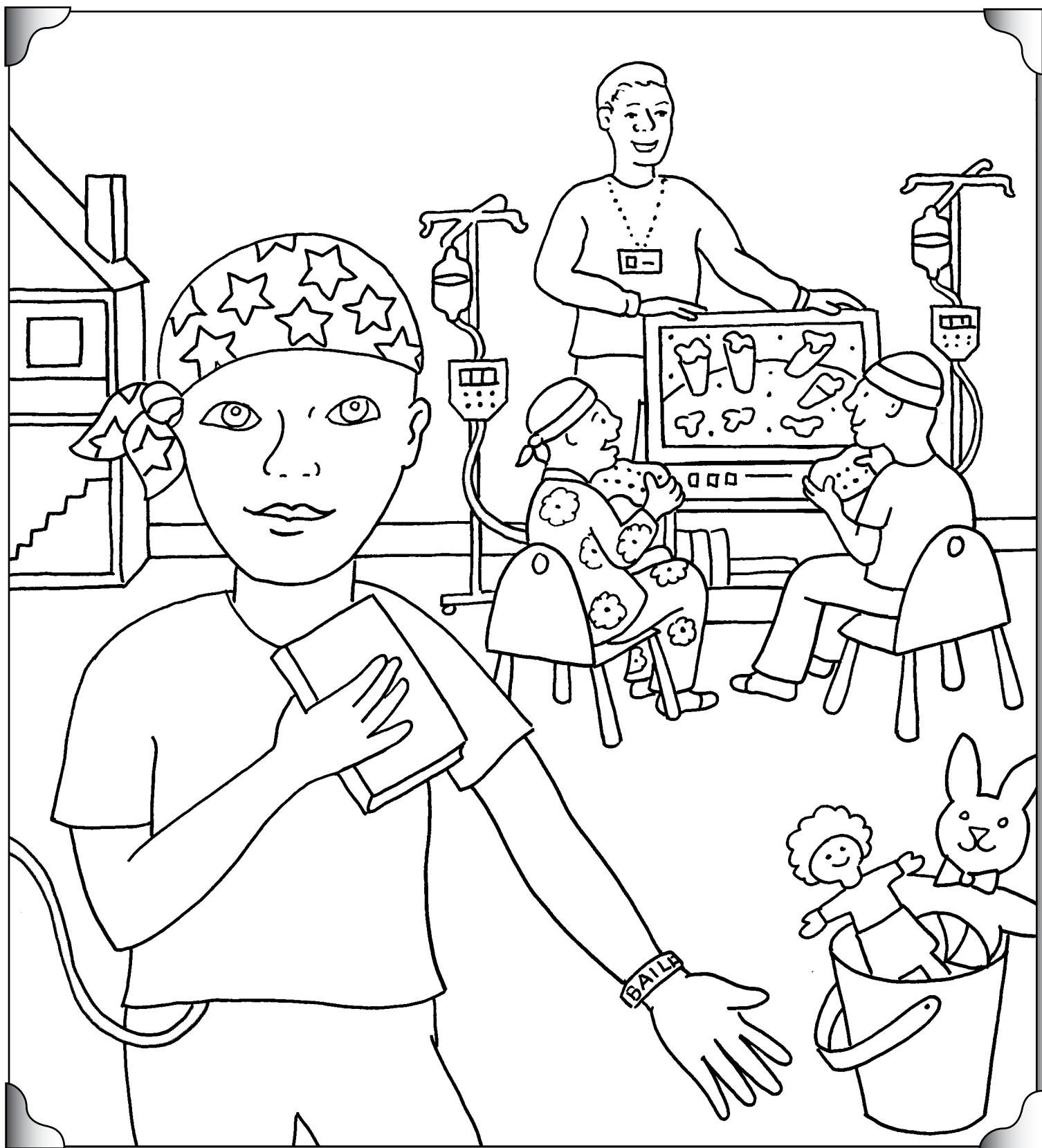
The Leukemia & Lymphoma Society is the world's largest voluntary health organization dedicated to funding blood cancer research and providing education and patient services. We offer a wide variety of programs and services in support of our mission: Cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families.

The Society's Trish Greene Back to School Program for the Child with Cancer fosters communication among health care professionals, parents, young patients and school personnel to prepare for the return to school and other activities. Informative materials are available through all of the Society's local chapters throughout the United States and Canada. To find the chapter in your area call (800) 955-4572 or go to the Society's Web site at www.LLS.org.

The Society's information specialists can answer general questions about diagnosis and treatment options, offer guidance and support, and assist with clinical trial searches for leukemia, lymphoma or other types of blood cancer. You can contact an information specialist through the Society's Information Resource Center, Monday through Friday, 9 a.m. – 6 p.m., ET at (800) 955-4572, via www.LLS.org (click on Live Help) 10 a.m. – 5 p.m. or by email at infocenter@LLS.org.

The Society's free booklets and fact sheets, including *The Stem Cell Transplant Coloring Book*, *Coping With Childhood Leukemia and Lymphoma*, *Learning & Living With Cancer: Advocating for your child's educational needs* and *Understanding Clinical Trials for Blood Cancers* are some of the publications that may be of interest to you. To order these and other booklets call (800) 955-4572 or visit www.LLS.org.

This material was supported by Cooperative Agreement Number U58/CCU224200-03 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention.



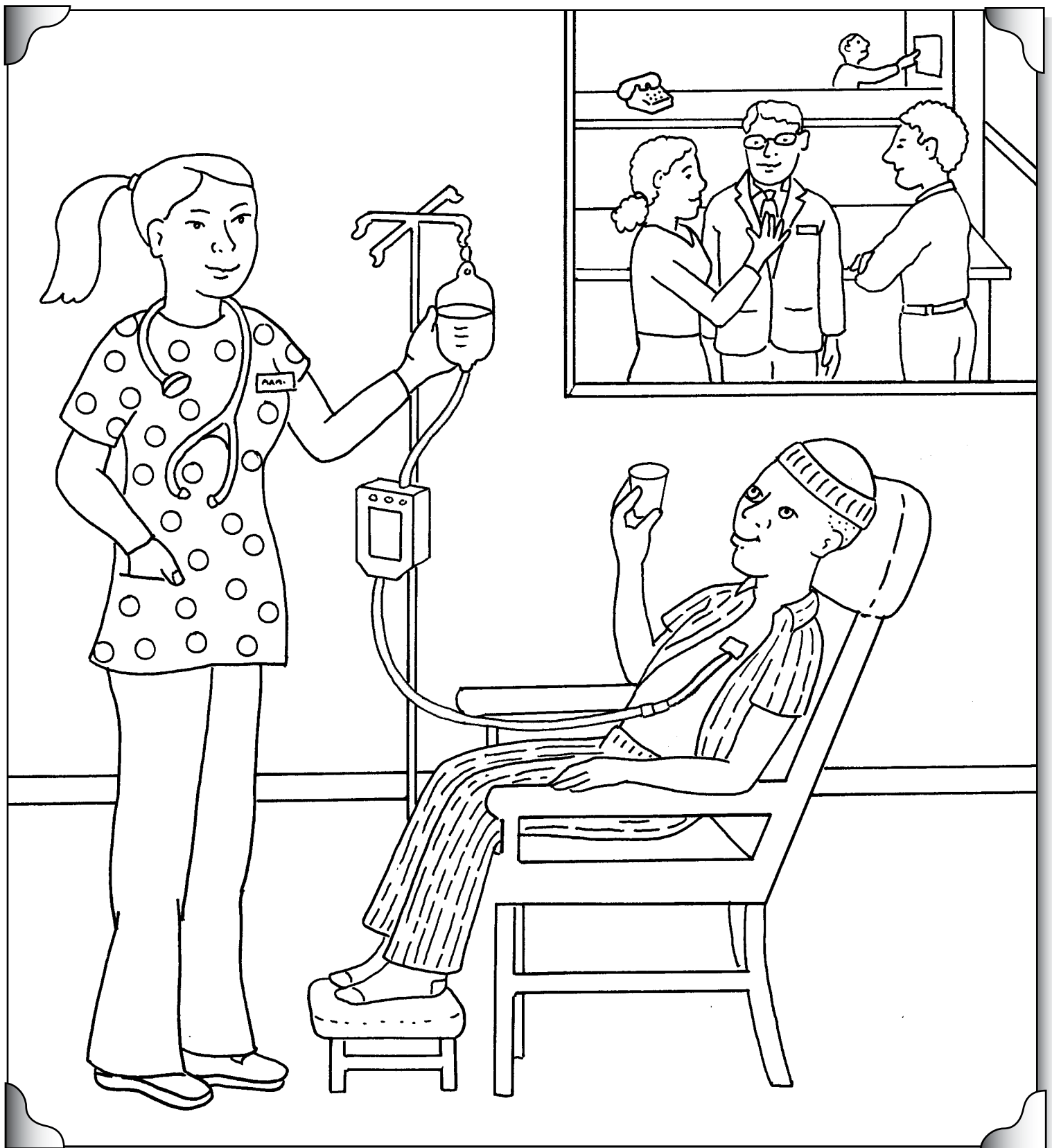
I'm Bailey. I have cancer.
My treatment will help me to get better.

Who Goes With Which?

My new friend Ray volunteers at the hospital. He was a patient here a few years ago. He told me not to worry about my hair falling out. It will grow back like his did. Ray makes me laugh! We joke about wearing hats. He said a cowboy would look pretty funny wearing a tiny clown's hat!

Match the hats to the people below.





This is my friend Ty.

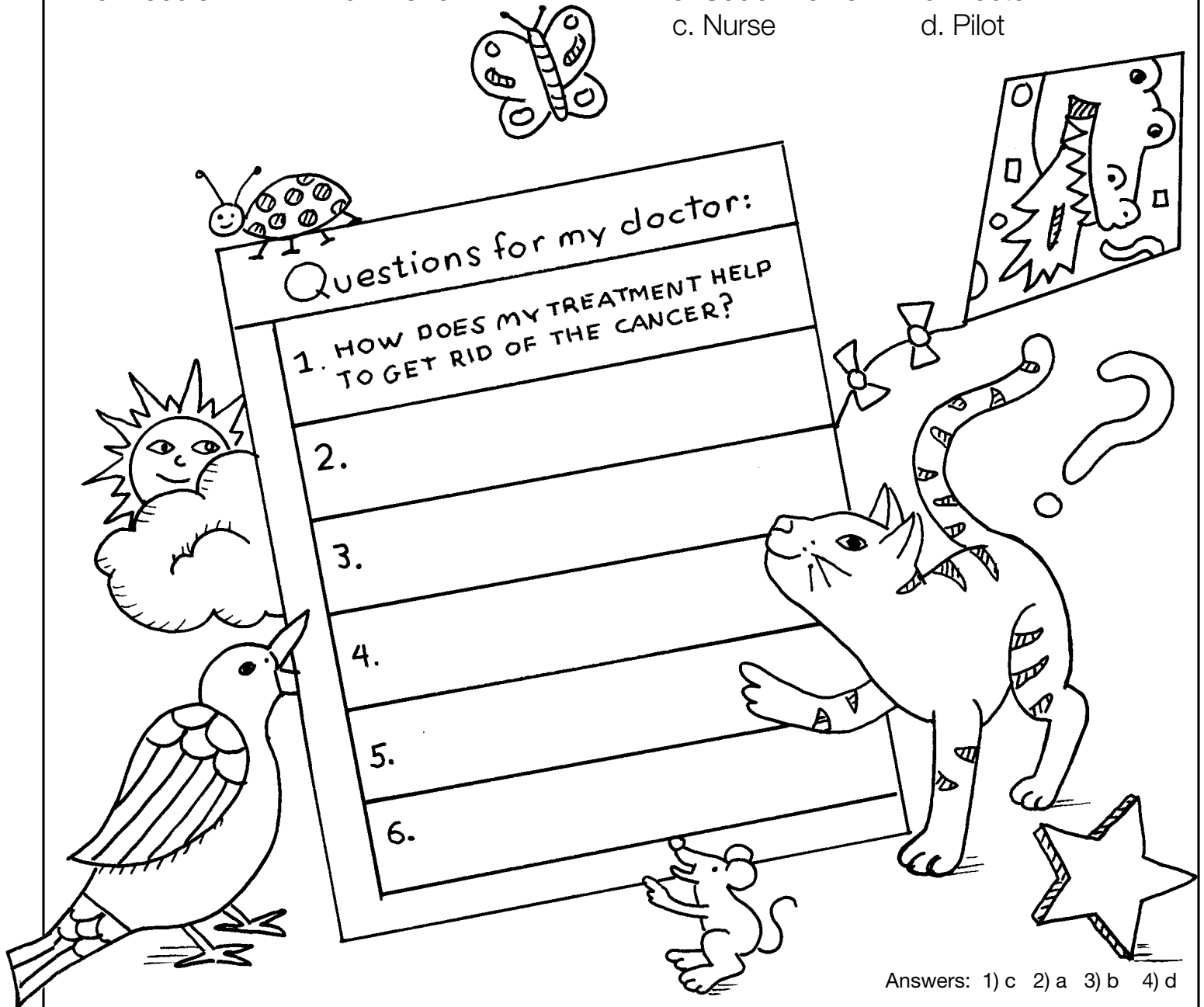
Ty's port makes it easier for him to get medicine and blood tests.

Q & A

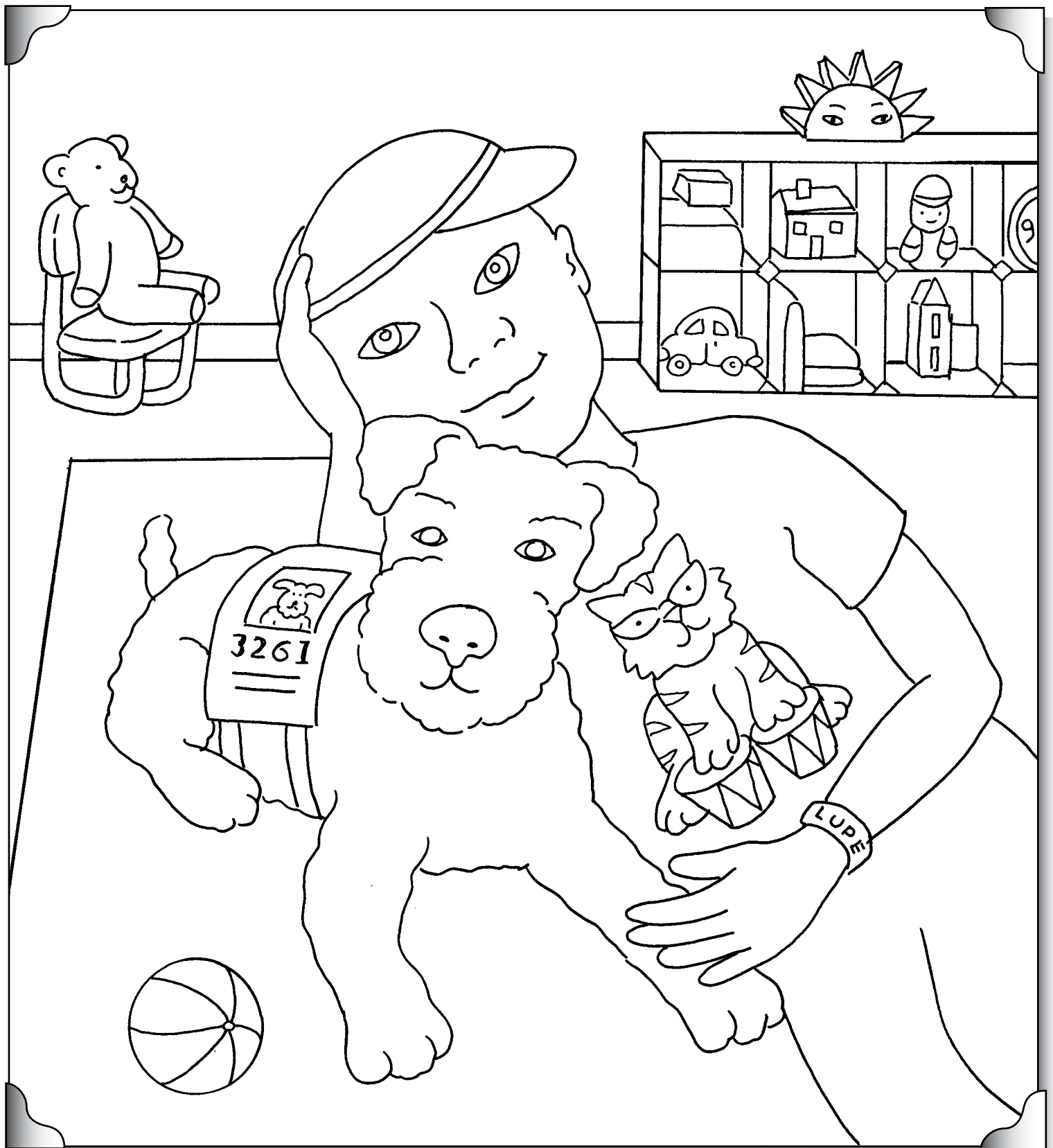
My doctors and nurses answer my questions. Sometimes my mom and dad ask my treatment team questions too. I'm glad they have people to help them!

Speaking of questions, do you know the answers to these?

1. Which of these is not found in a hospital?
a. IV pole b. Nurses' station
c. Train station d. X-ray machine
2. Which one of these is a fruit?
a. Peach b. Potato
c. Poodle d. Piano
3. Which of these is not a part of the body?
a. Heart b. Diamond
c. Brain d. Arms
4. Which one of these people does not work in a hospital?
a. Social worker b. Doctor
c. Nurse d. Pilot



Answers: 1) c 2) a 3) b 4) d

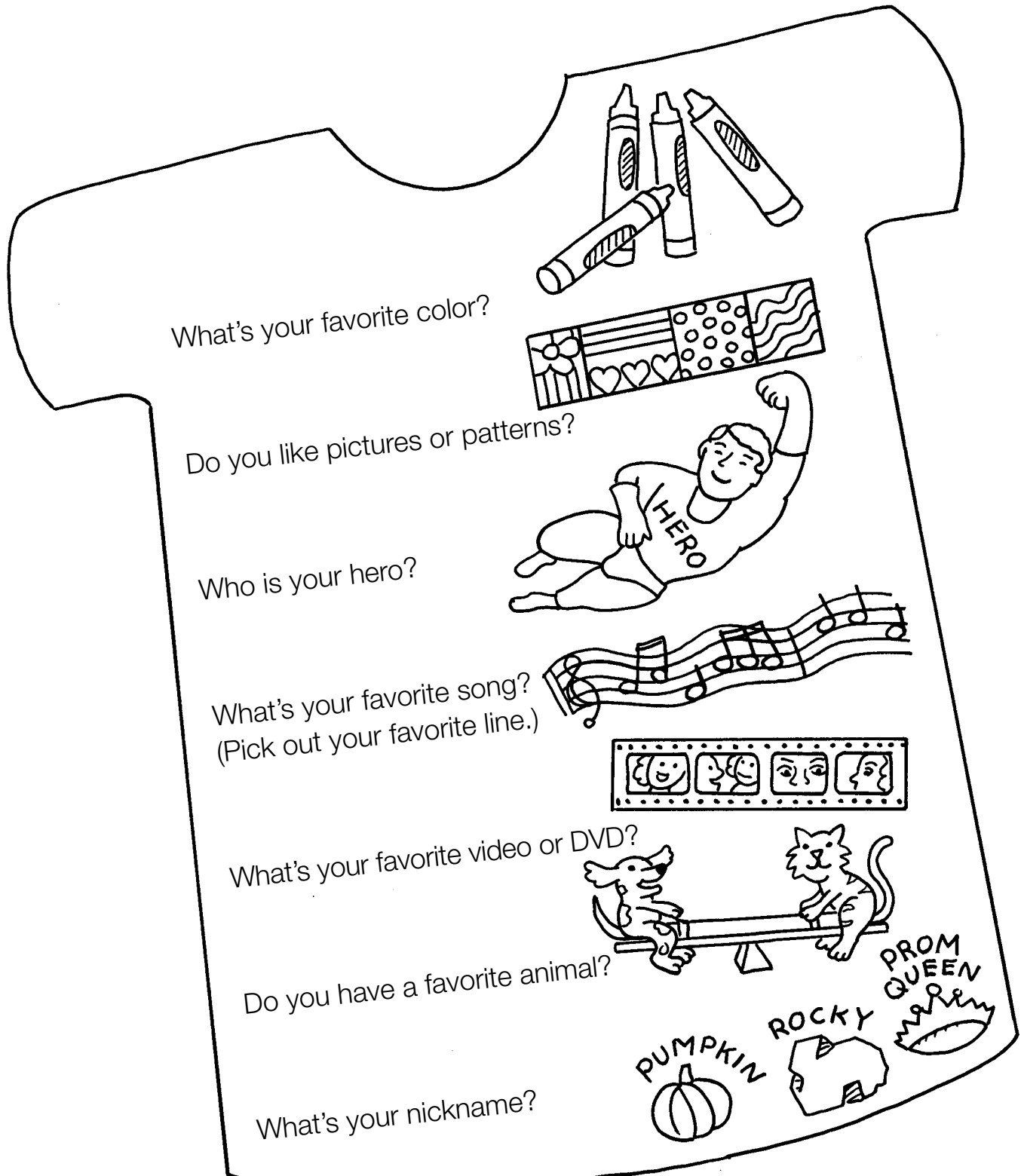


This is my friend Lupe.
Lupe likes cats and dogs.

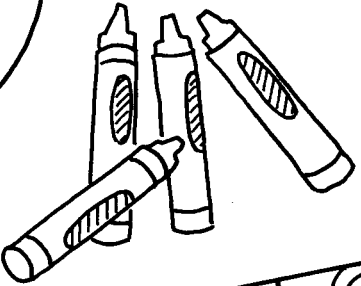
Design a T-shirt

Lupe likes animals. She likes to be in the playroom whenever Gus, the therapy dog, is visiting. Lupe has a T-shirt with a picture of a cat.

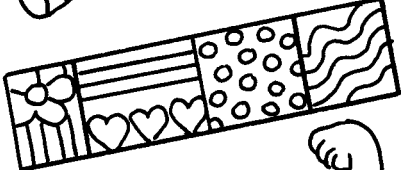
You can design a T-shirt. You can draw a picture or a design, or write something. Answer the questions below to help you choose what to put on your T-shirt.



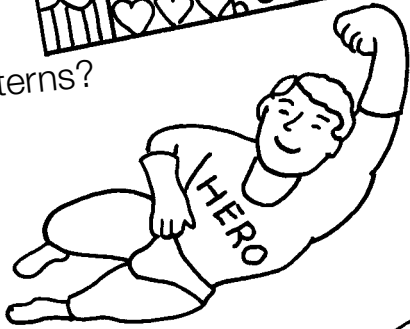
What's your favorite color?




Do you like pictures or patterns?



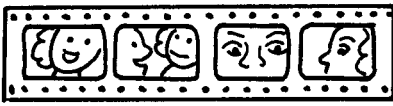
Who is your hero?



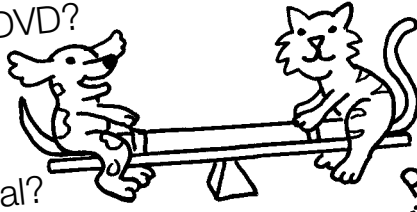
What's your favorite song?
(Pick out your favorite line.)



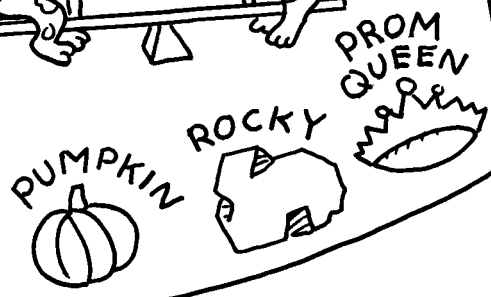
What's your favorite video or DVD?



Do you have a favorite animal?



What's your nickname?





We like fruit. My favorite is bananas.
Ty likes apple sauce.

Word Scramble

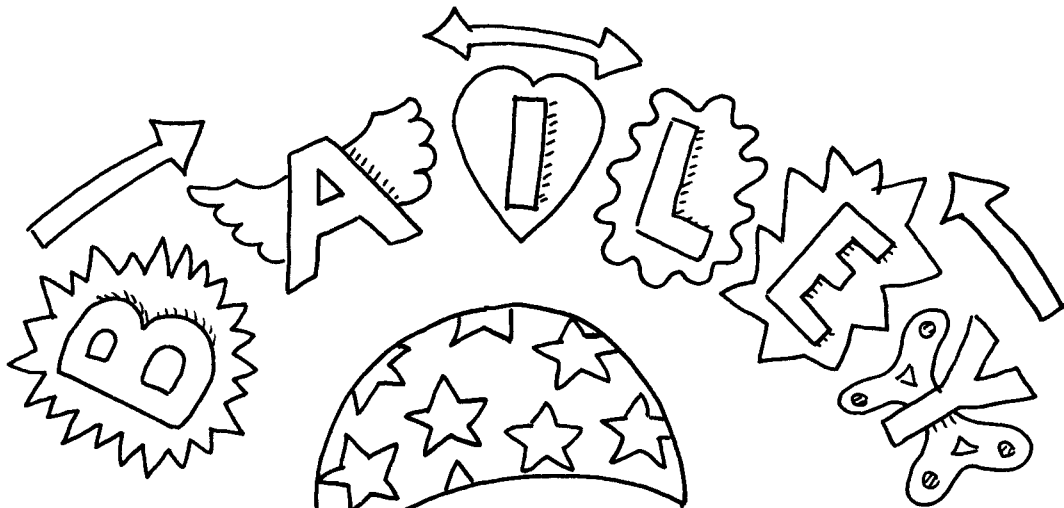
Healthy foods give my body the energy it needs to fight my cancer. Sometimes I don't feel like eating very much. Some foods taste and smell different right now. That's from my treatment.

These words look different too!

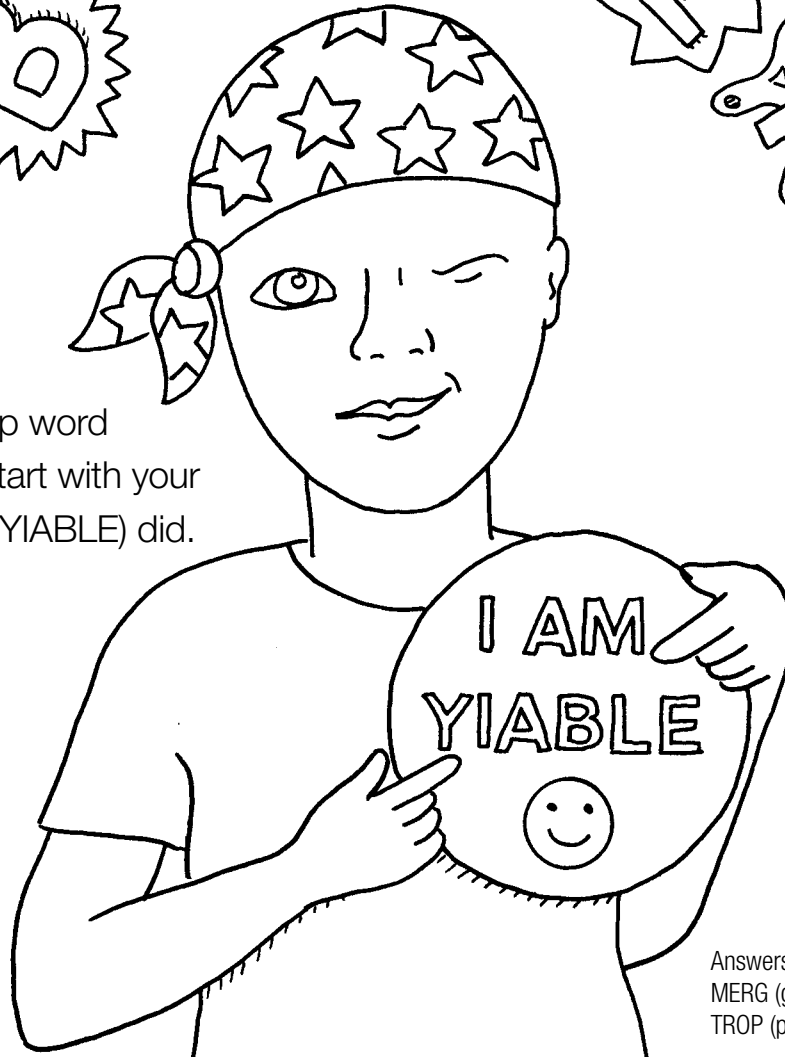
Can you unscramble the letters to make real words?

MERG _____ RUFIT _____ TOOF _____

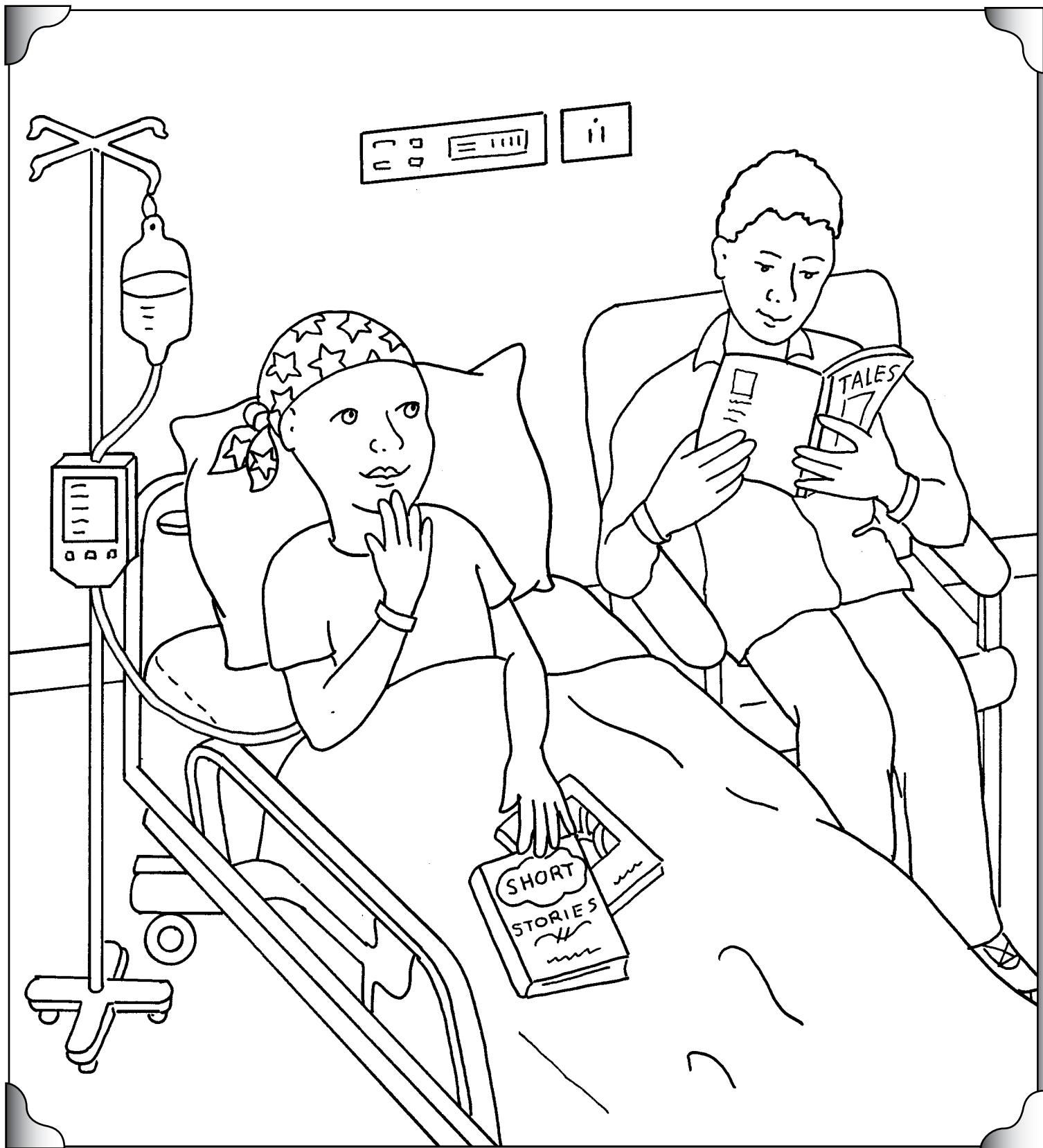
TROP _____ COTROD _____ RUNES _____



It's fun to make up word scrambles too. Start with your name like Bailey (YIABLE) did.



Answers:
MERG (germ), RUFIT (fruit), TOOF (foot),
TROP (port), COTROD (doctor), RUNES (nurse)



My brother Danny reads me funny stories.

I Wish, I Can, I Will

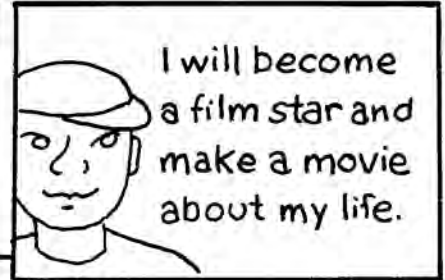
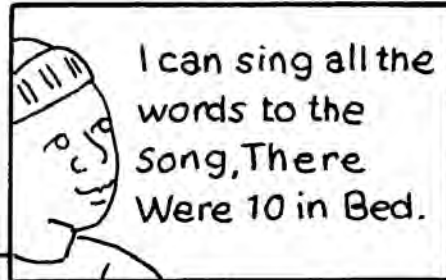
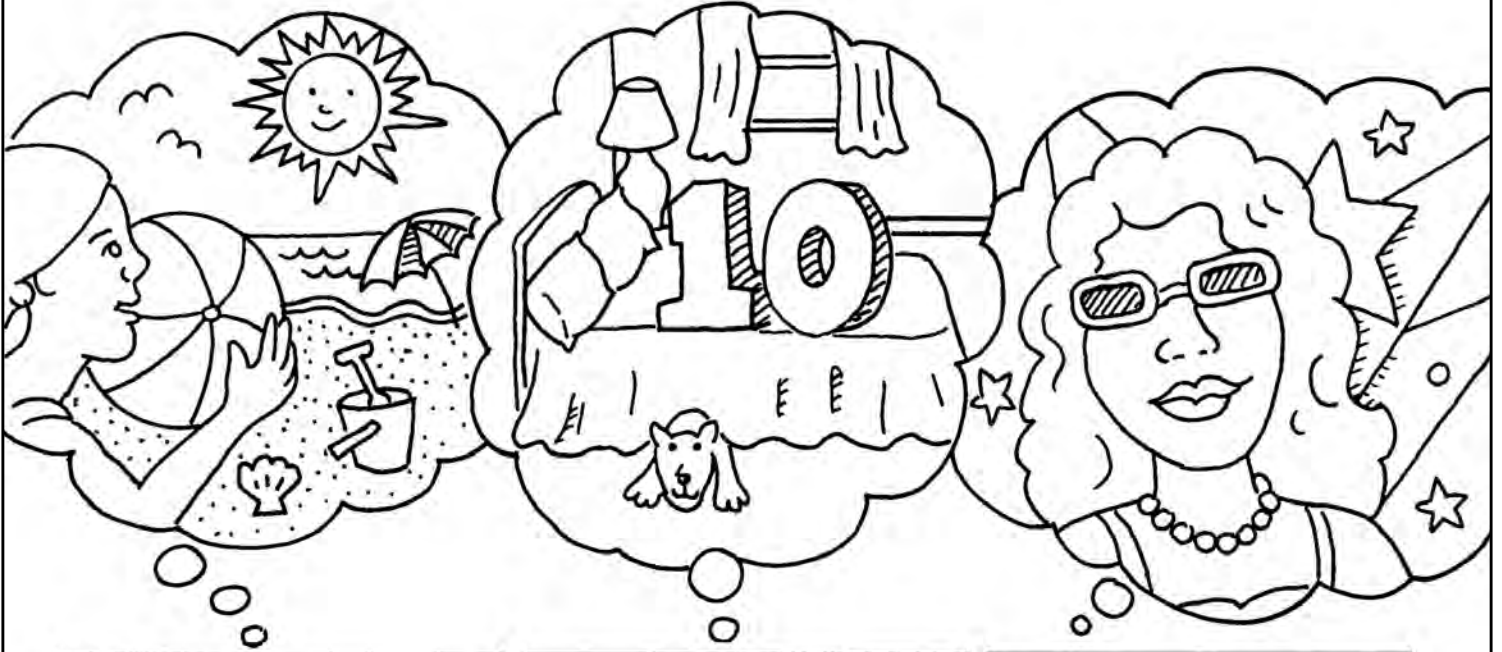
My family or friends come to visit whenever they can. We like to read or play games.

What do you like to do? Make a list in 3 parts.

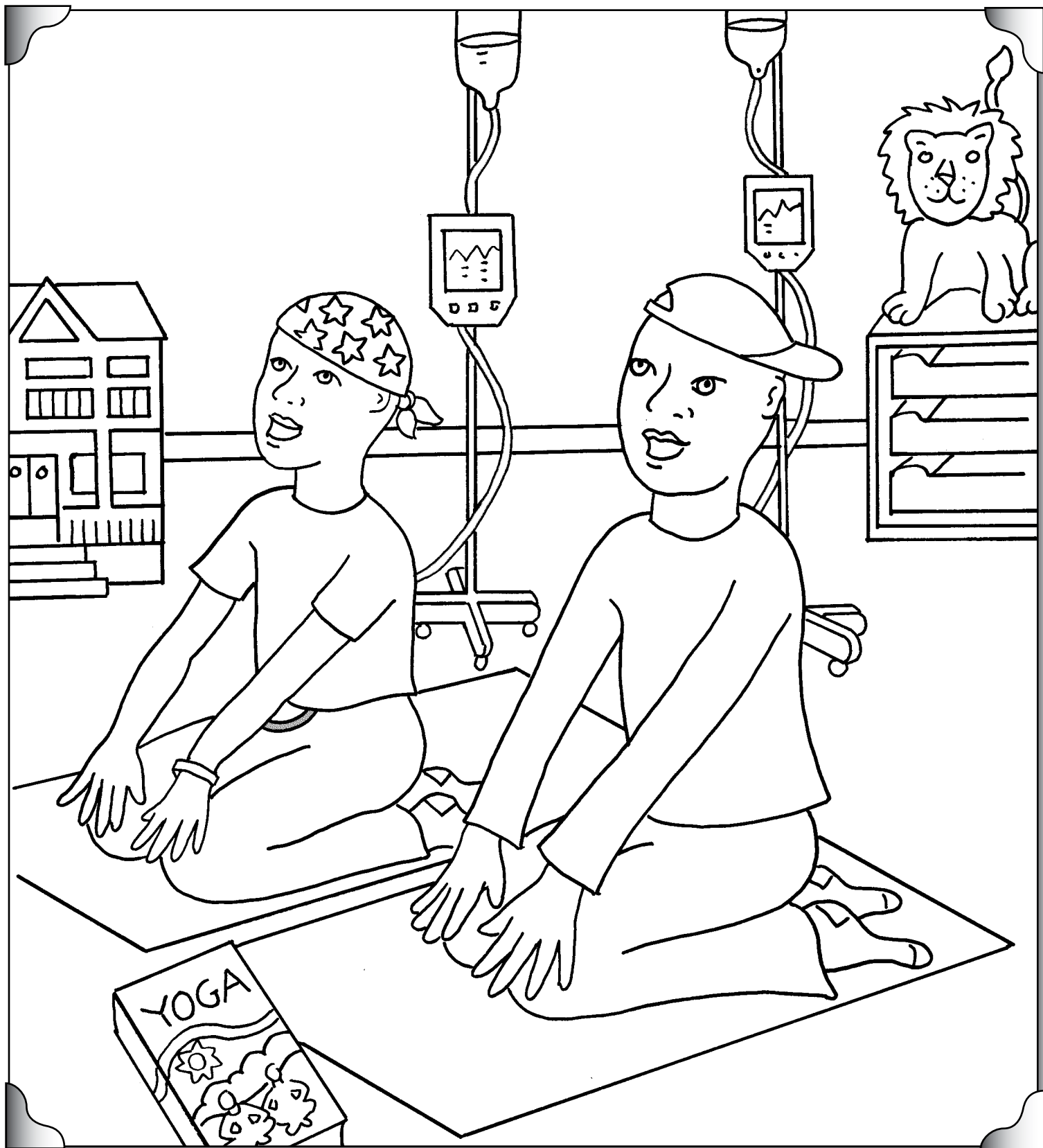
1. Things you **WISH**
you could do

2. Things you **CAN**
do now

3. Things you **WILL**
do later on



<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>



I am doing yoga with Lupe. This is the lion pose.

Fill in the Blanks

Lupe and I like to do yoga. But yesterday Lupe was tired. She wanted to sit by herself for a while. Sometimes I like to sit quietly by myself too. I can feel happy, sad and angry all in the same day.

Use the words from the list to fill in the blanks, or use your own words.

silly • lonely • angry • homesick • tired • strong • sad • happy



I sing when I feel_____.

I pound my pillow when I feel_____.

I write in my journal when I feel_____.



I look for my friends in the playroom when I feel_____.

I make jokes when I feel_____.

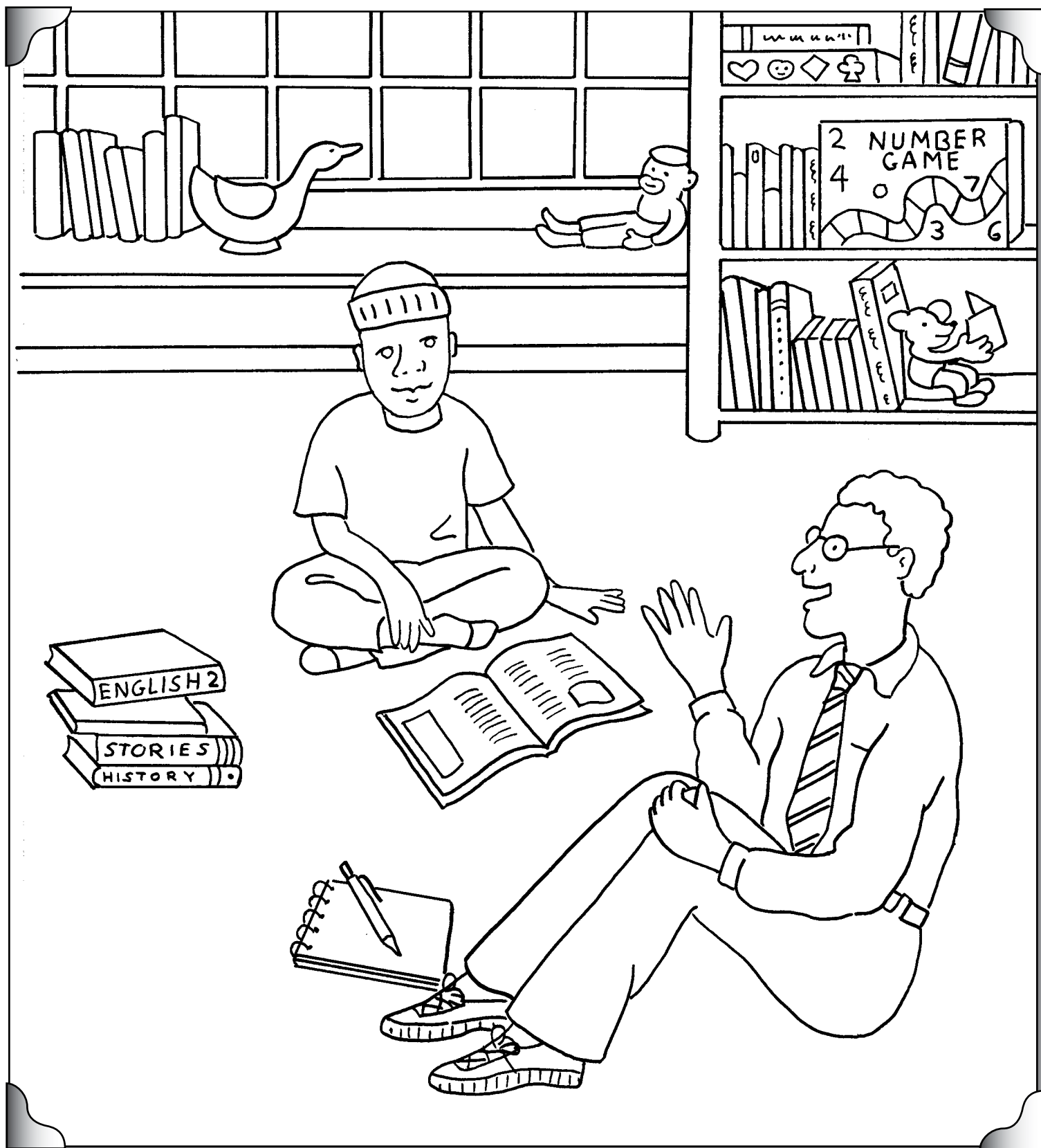


I curl up in my bed when I feel_____.

I write a letter to my mom when I feel_____.



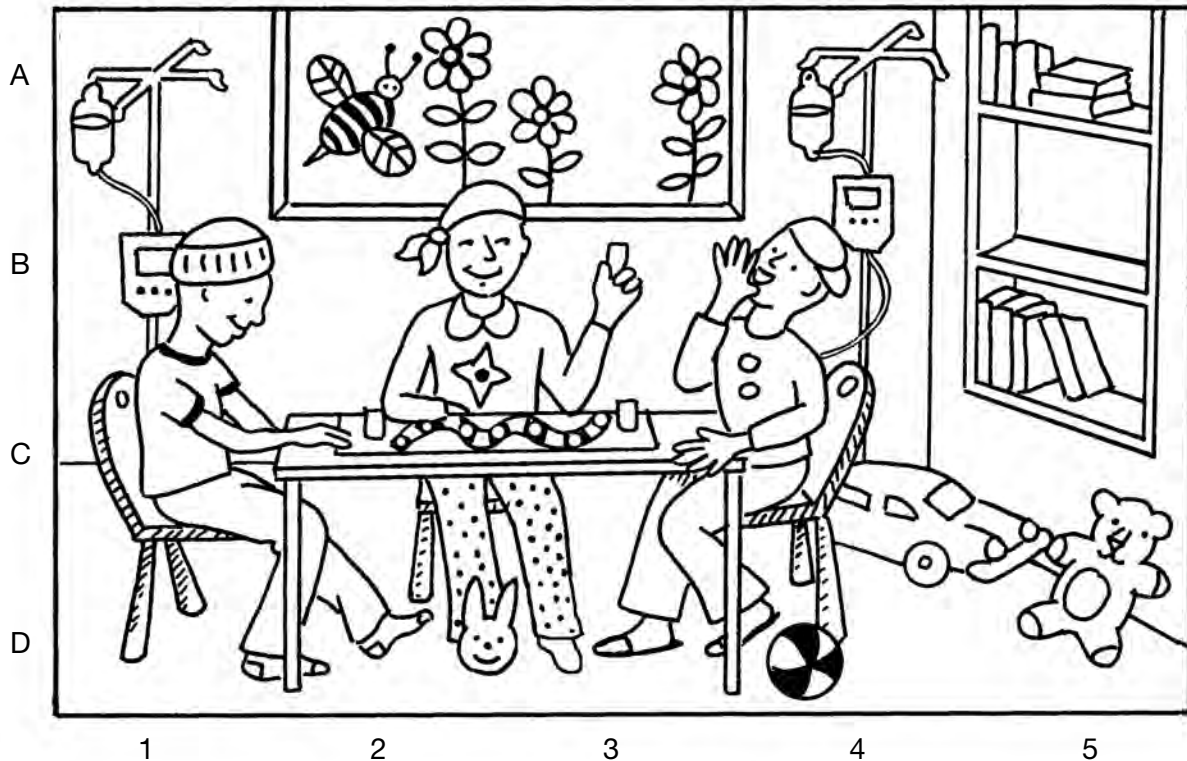
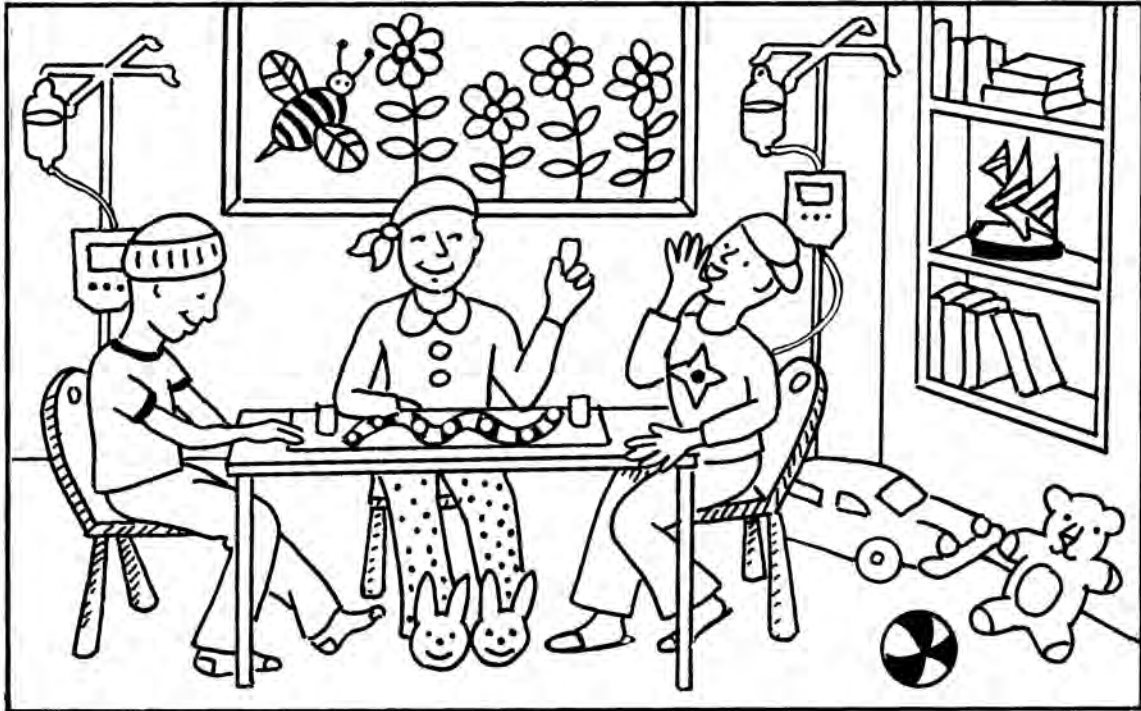
I dance when I feel_____.



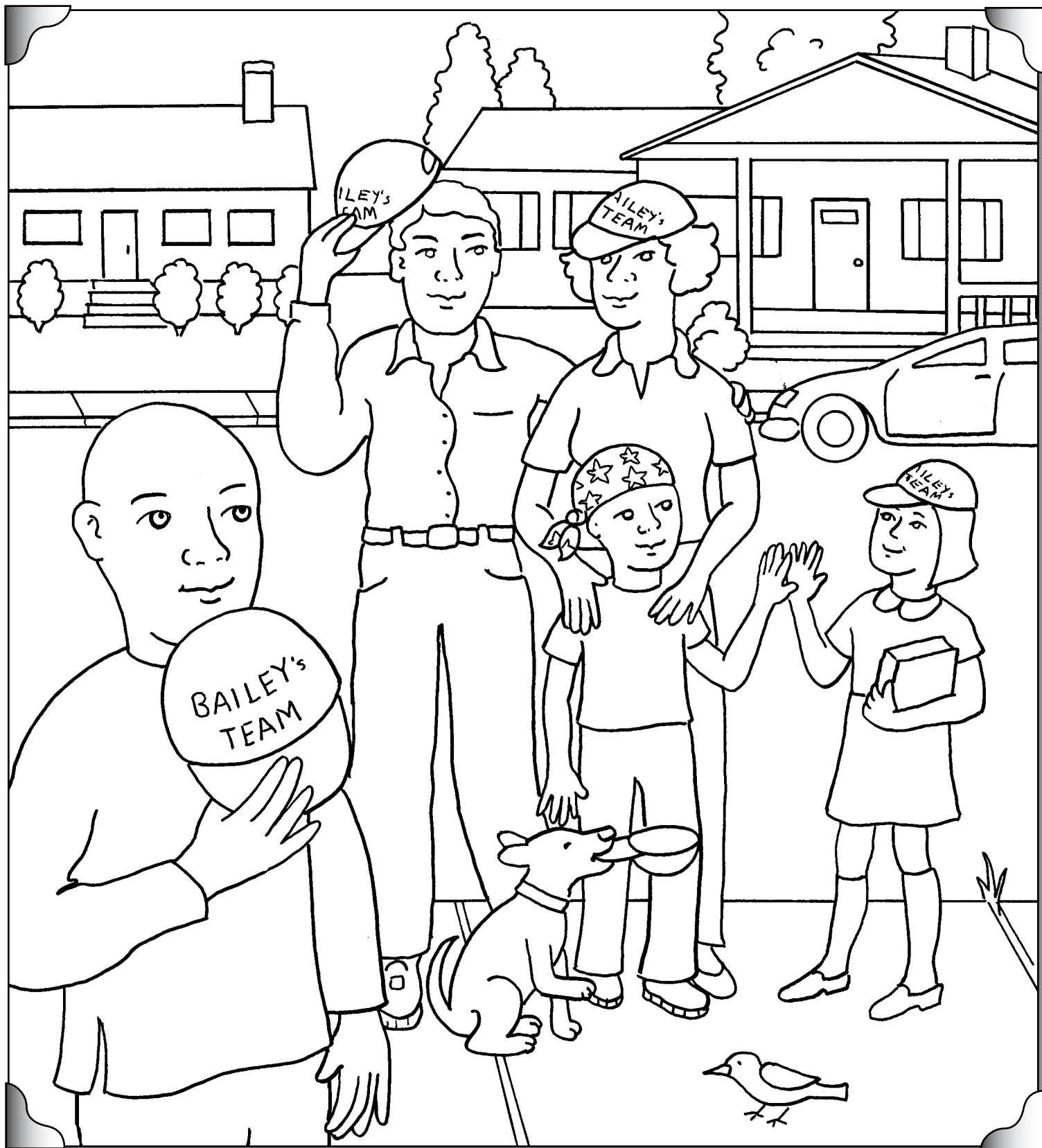
Ty likes to read and do puzzles.
He reads stories with his teacher.

Find the Differences

Do you like puzzles? These two pictures may look the same, but they are not the same. Can you find 5 differences between them?

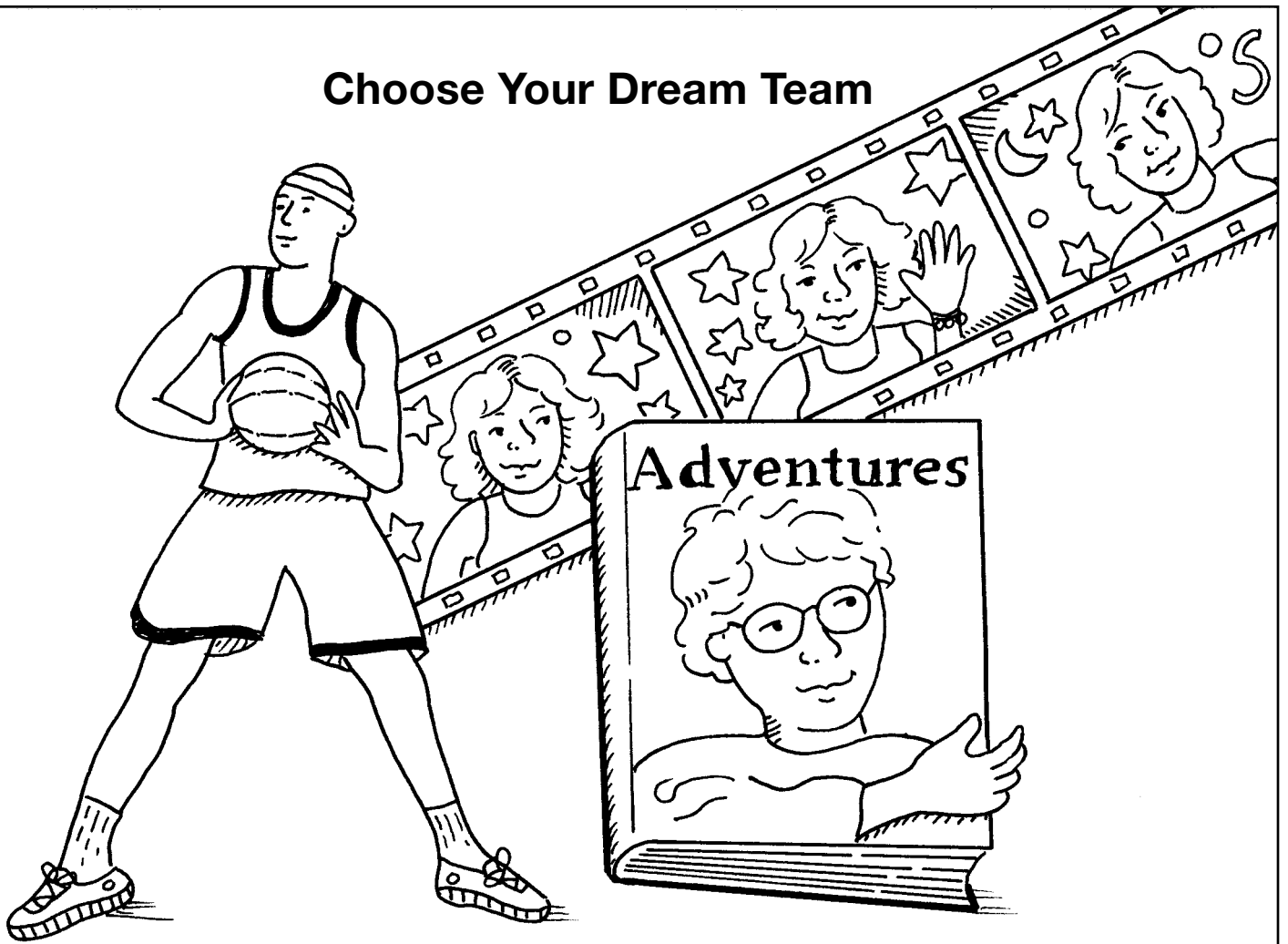


Looks like someone picked the third flower. (A3) • The boat on the shelf sailed away. (B5) • The floor must be crooked because the ball rolled over to the chair. (D4) • The bunny hopped off one slipper to look for some lettuce. (D3) • The buttons on the pajama top switched places with the star on shirt. (C3 & C4)



My family and friends are welcoming me home. My brother shaved his head to give me support! Everyone has a "Bailey's Team" cap.

Choose Your Dream Team



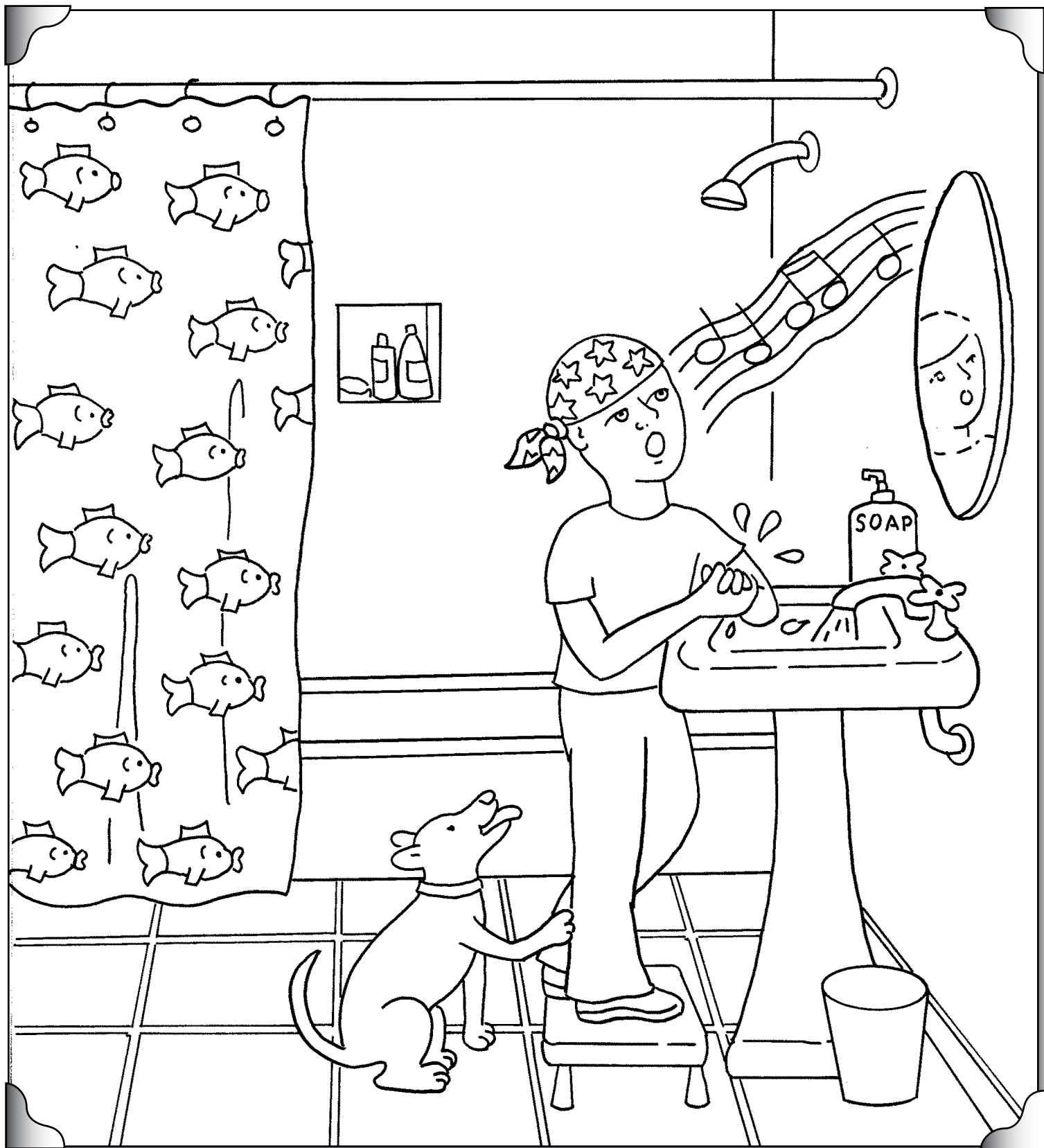
If you could invite anyone in the world, real or imaginary, to be on your “dream team,” who would you choose? Your favorite singer? Your best friend? Your teacher? Your favorite basketball player? A character from your favorite book or movie?

Make a list of everyone you’d like to have on your team.

If you like, you can draw a picture of your dream team.

YOUR TEAM

A large, empty rectangular box with a thin black border, intended for a student to draw or write their dream team.



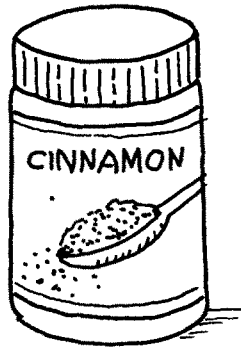
Sometimes I sing while I wash my hands with soap and warm water.

The Hand-Washing Experiment

Here is a hand-washing experiment to find the best way to wash away germs. See if your mom and dad will help you with this experiment. Or you can do it at school with your teacher and class.



3 TABLESPOONS

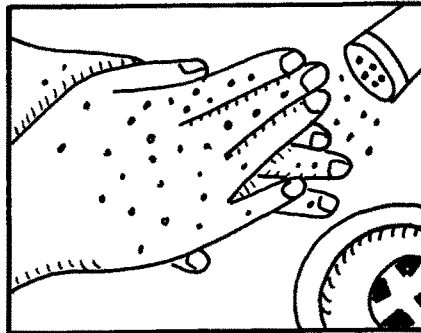
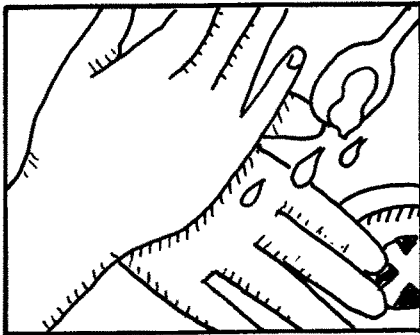


3 TEASPOONS



VOLUNTEERS

You will need: 3 tablespoons of cooking oil, 3 teaspoons of cinnamon and you and 2 other volunteers.



Each volunteer hand washer: Rub 1 tablespoon of cooking oil all over your hands until completely coated. Sprinkle 1 teaspoon of cinnamon on your hands and rub it all around. The cinnamon is the make-believe germs. It's all over!

Everyone washes their hands by rubbing them briskly for 20 seconds.

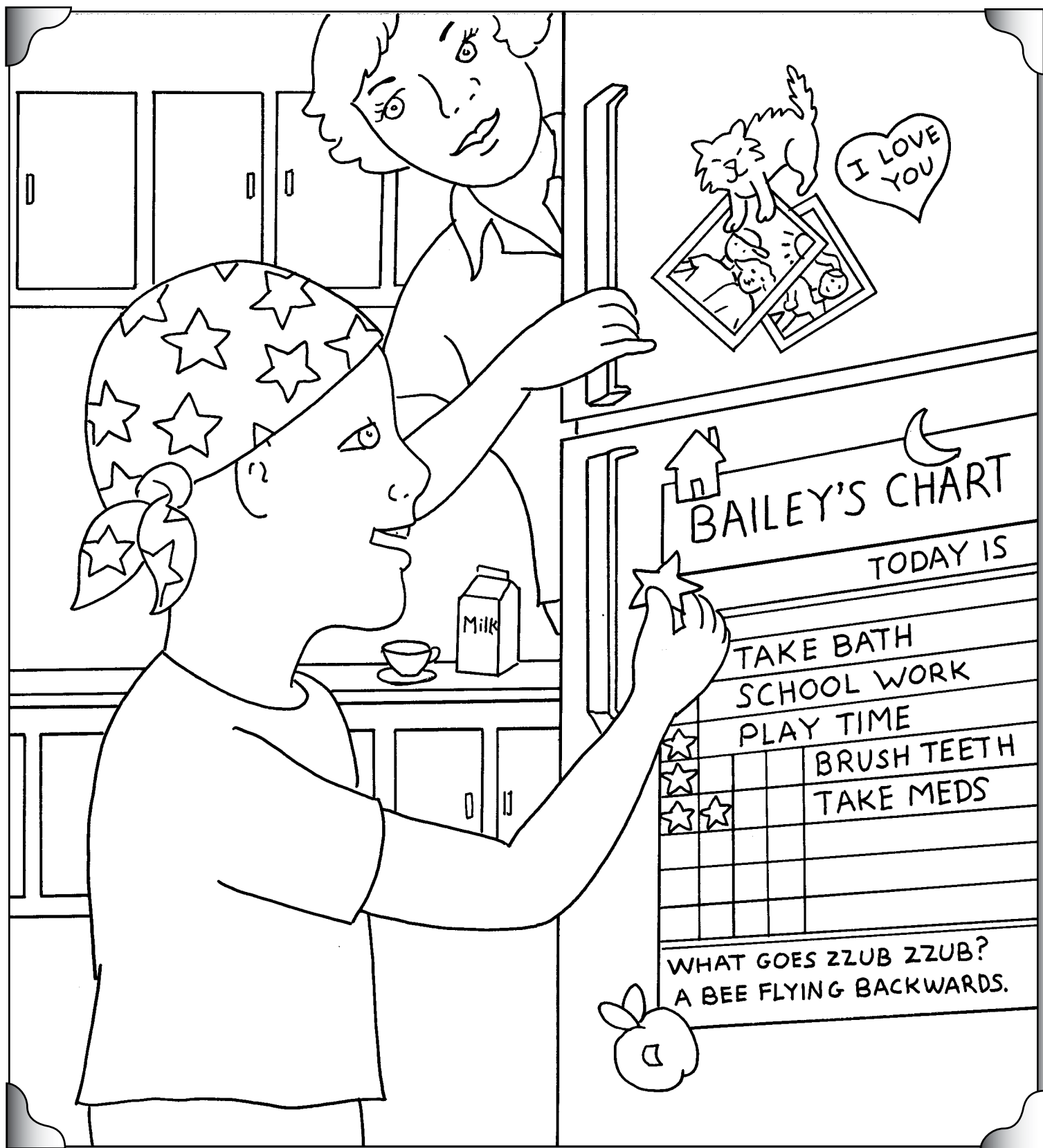
Hand Washer 1: Use cold water and no soap.

Hand Washer 2: Use warm water and no soap.

Hand Washer 3: Use warm water and soap.

Who was the hand washer that washed off the most “germs”?

Who was the hand washer that removed the least “germs”?

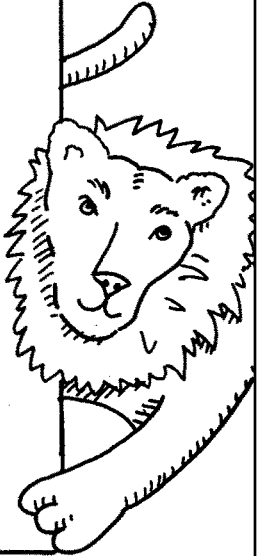
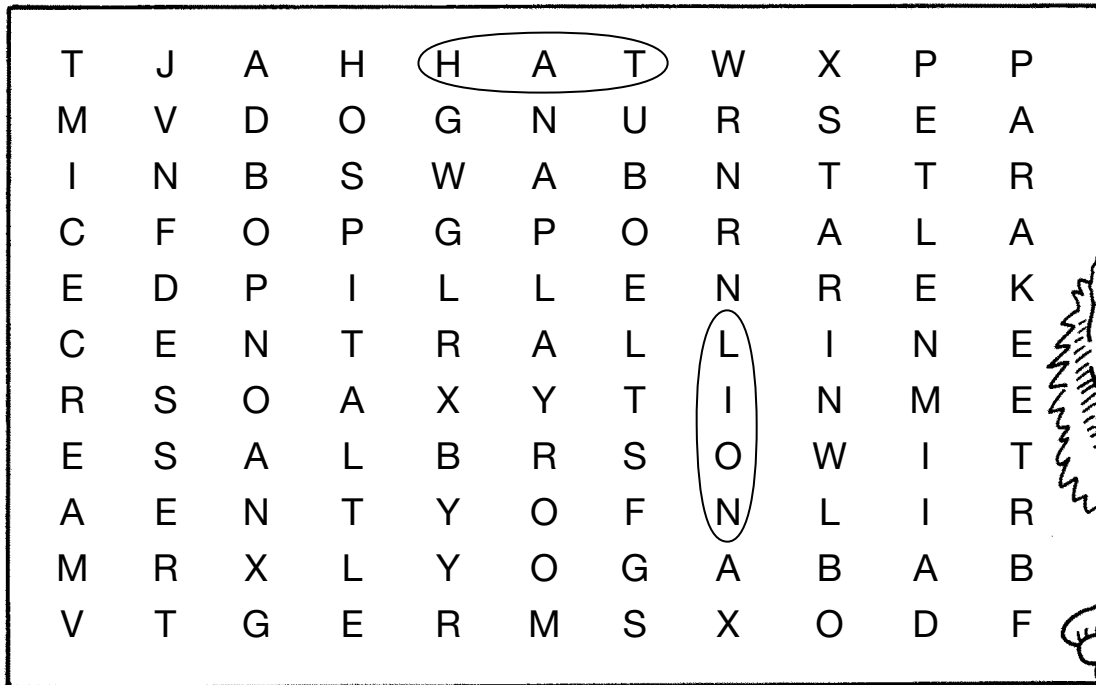


At home I take my meds every day.

Find the Hidden Words

We made a chart at home to help us keep track of me taking my medicine. I keep track of other activities on my chart too.

Circle the words you can find.



hat

dog

nurse

swab

pill

central line

yoga

germs

so

ax

tin



me

sow

it

of

ice cream

mice

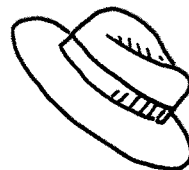
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hospital



by

nap

playroom

tub

lion

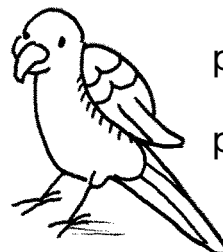
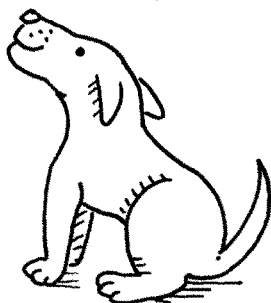
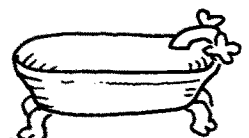
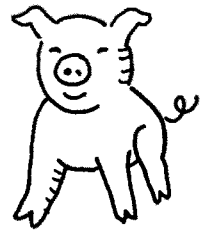
star

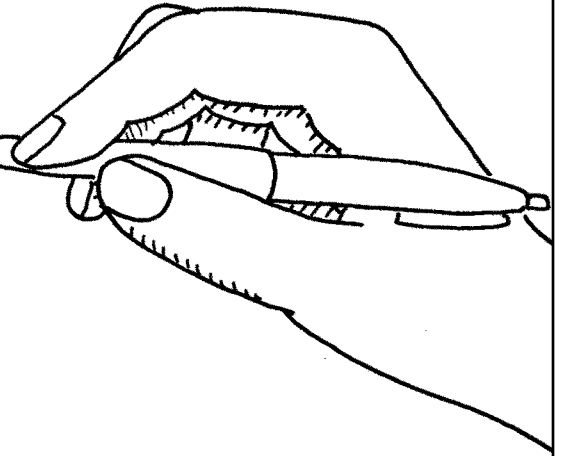
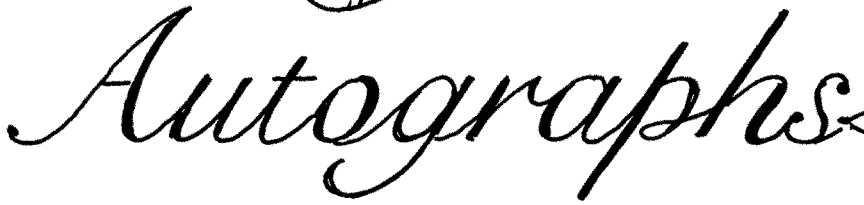
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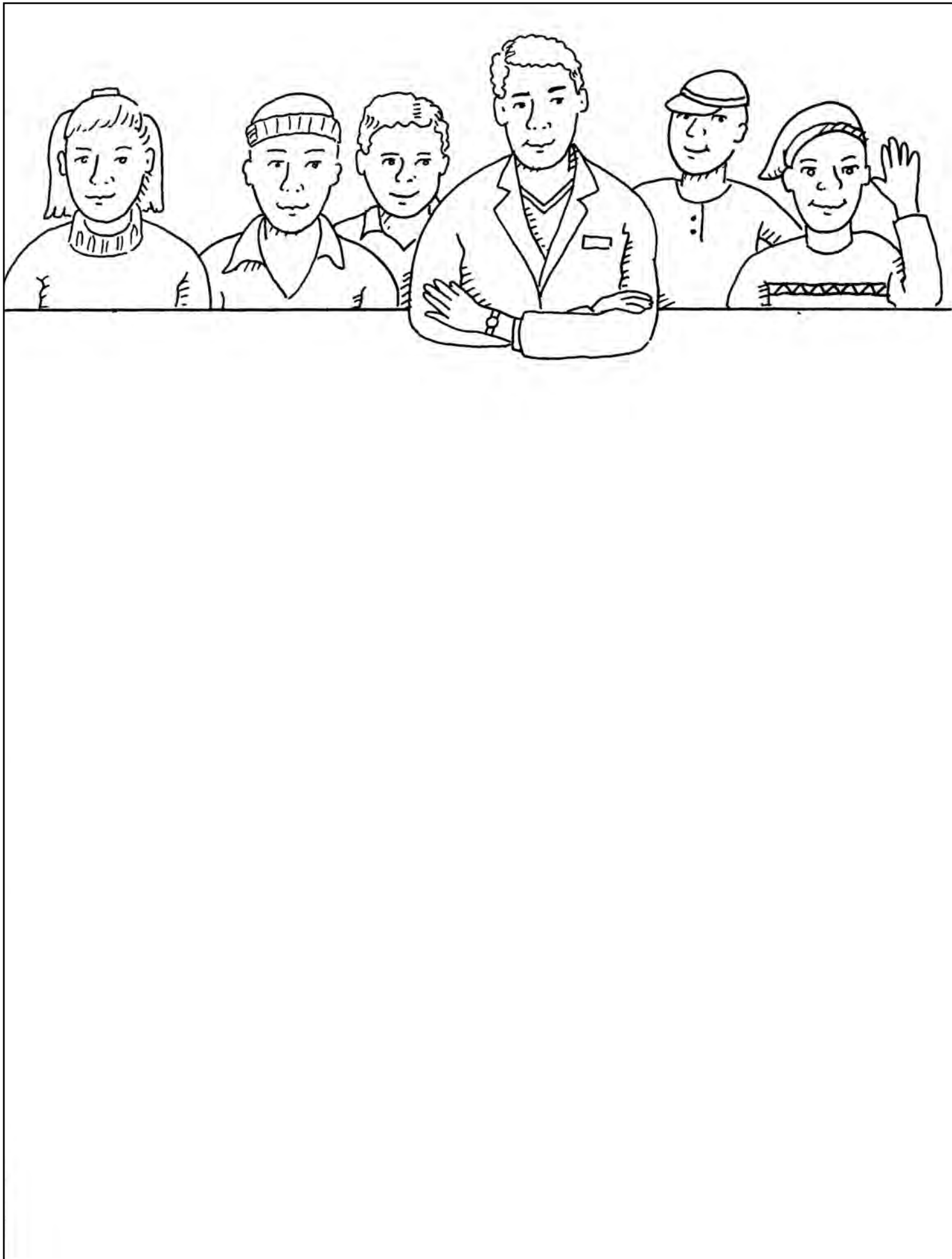
pit

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parakeet







Web Sites for Children

The Starlight Starbright™ Children's Foundation

www.starbright.org

Creates innovative, media-based programs that help seriously ill children and teens better cope with their disease and enhance their quality of life. Offers free CD-ROMs and online communities of information and support for kids and parents.

Band-Aides & Blackboards

www.lehman.cuny.edu/faculty/jfleitas/bandaides/stories.html

Features stories from children, teens and siblings about living with serious illness.

SuperSibs!™

www.supersibs.org

A foundation that honors, supports and recognizes brothers and sisters of children with cancer.

Books for Children

What Is Cancer Anyway? Explaining Cancer to Children of All Ages

Karen L. Carney

Provides basic, reassuring information about cancer in simple terms.

Published by Dragonfly Publishing, Inc.

Chemo, Crazyness & Comfort: My Book About Childhood Cancer

Nancy Keene and Trevor Romain

A resource book for children 6-12 years of age diagnosed with cancer.

Addresses medical tests, hospitalization and treatment.

Published by Candlelighters Childhood Cancer Foundation.

The Jester Has Lost His Jingle

David Saltzman

A story about finding laughter and happiness inside oneself to help get through challenging times such as a cancer diagnosis. Useful tool for classroom presentations.

Published by Jester Books.

A Note for Caregivers

Children with cancer face new people, situations and concerns. While they may need long periods of treatment, they can also look forward to resuming full lives — returning home to family, school and friends. We hope that *Pictures of My Journey — Activities for kids with cancer*, will help children to cope with their cancer experiences and assist them in looking forward to their futures. Younger children may enjoy using the book with parents, older siblings, health care providers or school staff. School-age children can enjoy the book on their own. However, caregivers may find that using the book with children of any age will help to generate discussion, questions and expression of feelings. Additional resources of interest to children are listed on the back page.

Acknowledgements

The Leukemia & Lymphoma Society acknowledges with deep appreciation The Joseph M. Sanzari Children's Hospital at Hackensack University Medical Center (HUMC) in New Jersey, as well as the following individuals from HUMC for their guidance in the development of this book: Elizabeth Brandolini, MA, Art Therapist in the Department of Child Life at Tomorrows Children's Institute for Cancer and Blood Disorders; Joel A. Brochstein, MD, Section Chief, Pediatric Blood and Marrow Transplantation; Andrea Pelano, MSW, LCSW; Nancy Polifroni, RN, CPNP, APNC, Advanced Practice Nurse, Pediatric Blood and Marrow Transplant Program; and Nancy Radwin, Public Relations.

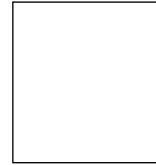
The Society gratefully acknowledges Wendy Landier, RN, MSN, CNPN, CPON, Clinical Director Center for Cancer Survivorship at the City of Hope National Medical Center, Duarte, California; Stacey Bene, LISW, and Debbie Kendig, LISW, Patient Services Managers at The Leukemia & Lymphoma Society's Northern Ohio Chapter, Sue Sumpter, RN, MS, Patient Services Manager at the Society's Oregon Chapter and Sharon Paulse, CCLS, RSW, Patient Services Manager at the Society's Western Canada Chapter for their important contributions, which helped make this book possible.

This material from The Leukemia & Lymphoma Society is for information only. The Society does not give medical advice or provide medical services. Children's hospital practices vary from one center to another. Some of the illustrations and text may vary from your child's experiences.





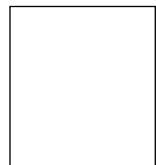
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Q: Why do birds fly south for the winter?
A: Because it's faster than walking.



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Q: What happens when you cross a friend and a calculator?
A: You get a friend you can count on.

Call Our Information Resource Center

The Society's Information Resource Center (IRC) provides patients, families and healthcare professionals with the latest information on leukemia, lymphoma and myeloma. Our information specialists – master's level oncology professionals – are available by phone (800.955.4572) Monday through Friday, 9 am to 6 pm (ET); via email (infocenter@LLS.org); or chat online at www.LLS.org (click on "Live Help").

Call 800.955.4572 for a complete directory of our patient services programs.



**The Leukemia &
Lymphoma Society®**
Fighting Blood Cancers

800.955.4572 • www.LLS.org

For more information, please contact:

or:

Home Office

1311 Mamaroneck Avenue

White Plains, NY 10605

Information Resources Center (IRC) 800.955.4572

www.LLS.org

Our Mission: Cure leukemia, lymphoma,

Hodgkin's disease and myeloma, and improve the

quality of life of patients and their families.

The Society is a nonprofit organization that relies on the generosity of corporate and individual contributions to advance its mission.